

Meadowbrook Pool

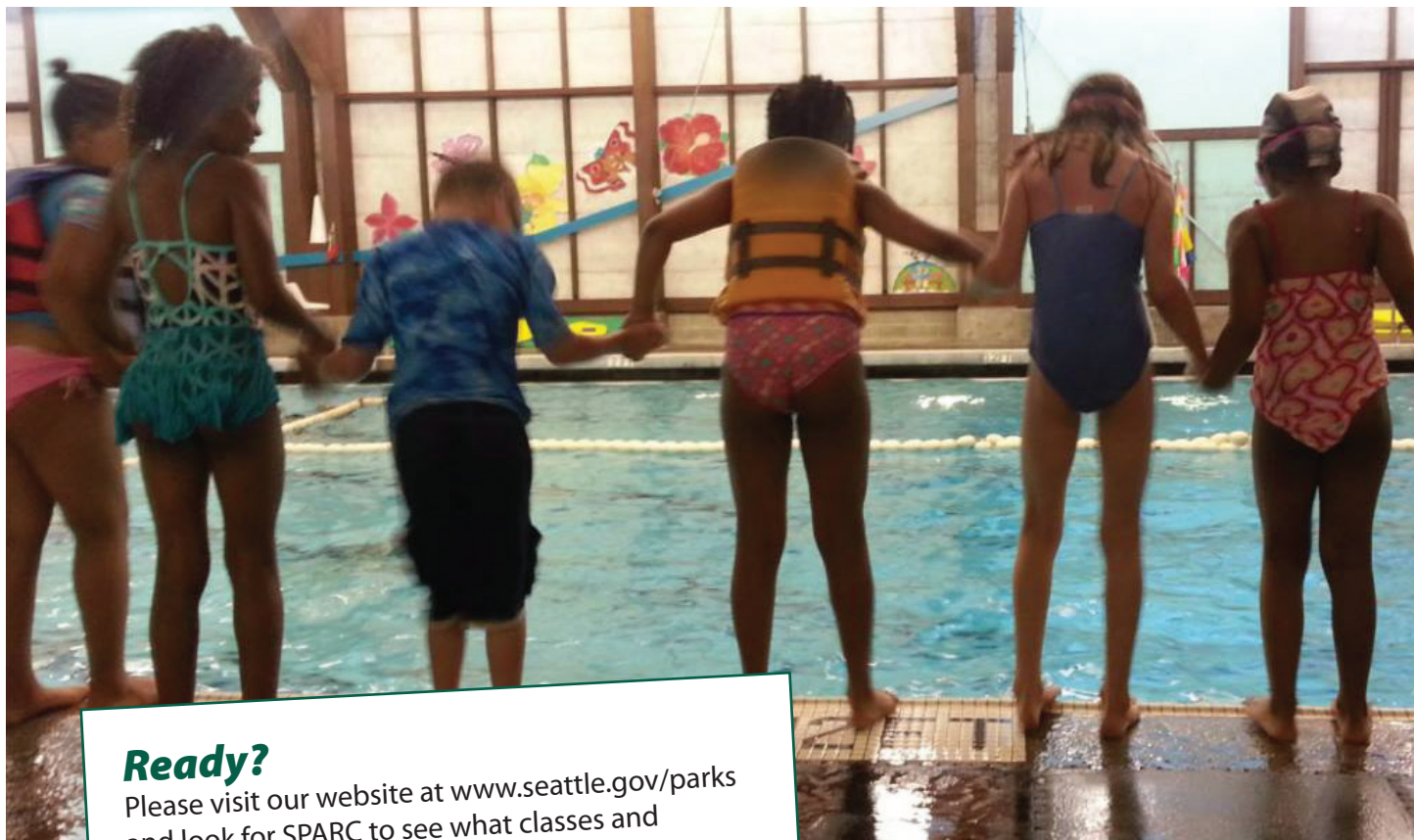
If you're not wet, we're not happy!

10515 35th Ave NE • 206-684-4989 • www.seattle.gov/parks/meadowbrook-pool



Seattle
Parks & Recreation

Fall 2017 Swim Lessons, October 16–December 17



Ready?

Please visit our website at www.seattle.gov/parks and look for SPARC to see what classes and programs are available for registration.

Set.

Make sure you have an account barcode and PIN! If you don't have one, go to www.seattle.gov/parks, click SPARC and follow the instructions to create or update an account. Please allow at least one week for a new account.

Go!

- Walk-in and online registration begins Tuesday, August 8 at Noon. You can visit us in person or online at www.seattle.gov/parks.
- Personal lesson registration begins at 9:30 a.m. on Saturday, August 26 at the Meadowbrook Community Center (walk-in registration only).

Please Note

- There will be no Lessons on Saturday, November 11 in observance of Veteran's Day.
- There will be no Lessons the week of Thanksgiving, November 20–26.
- Placement testing for Advanced Swimmer is now offered. Please contact us to set up an appointment.
- Meadowbrook Pool will be closed August 7–October 9.

Swim Lessons

Parent and Child Aquatics (Ages 6 months–4 years)

American Red Cross Parent and Child Aquatics introduces you and your child to basic swimming skills. As parents, you learn how to safely work with your child in the water and how to prepare and encourage your child to participate fully and try the skills offered. In addition, everyone is introduced to water safety topics along with songs, games and lots of fun. Each child must be accompanied in to the water by a parent or adult. Swim diaper or tight fitting plastic pants are required.

Three-Year-Olds

Start your child learning basic swimming skills and water safety in a small group with other 3 year olds. We introduce children to basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls and water safety skills. Children must have initial water comfort and be able to work in the water with an instructor. To ensure safety and quality, we maintain a 3:1 student to instructor ratio.

Family Lessons

Partner with your child to learn beginning swimming skills in a fun and relaxed atmosphere. For adults with children 4–10 years old. Adult does not need to know how to swim but must be in the water with the child/student.

Kinder Lessons (Ages 4 and 5)

Children start with basic water adjustment, safety and swimming skills in a group with other 4 and 5 year olds. Children will begin with basic water adjustment and eventually learn these skills: front and back floats, flutter kick, rolling from front to back, side breathing, Crawlstroke with bilateral breathing, backstroke, whip kick, treading water and water safety skills. We group children by ability levels on the first day of class. To ensure safety and quality, we maintain a 6:1 student to instructor ratio.

Beginning Swimmer (Ages 6–16)

Our specially designed **Seattle Swims** Lesson Program puts the emphasis on safety, fitness and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice and instructor feedback. We will group children by ability on the first day of class to provide the best opportunity for your child's success.

Floating, Gliding and Kicking: Children get comfortable putting their face in the water and practice front, side and back floating, gliding and kicking. These skills provide the foundation for all other swimming strokes.

Arm Strokes: Mastering the Crawl Stroke requires learning to roll from front to back while performing arm strokes. Once mastered we begin teaching side breathing. Students also work on strengthening kicking, proper body alignment, treading water and deep water swimming.

Side Breathing and Whip Kick: Front Crawl Stroke with bilateral breathing and an introduction to whip kick are skills taught in this level.

To ensure safety and quality we maintain an 8:1 student/teacher

Advanced Swimmer (Ages 6–16)

Swimmers who have received a card indicating they have mastered "Beginning Swimmer" may sign up for "Advanced Swimmer" classes. Instructors will introduce and guide swimmers through other strokes while continuing to teach safety, fitness, and skill proficiency.

Prerequisite: Students must pass Beginning Swimmer and receive a Certificate of Achievement in order to register. If you are uncertain if your child belongs in Advanced Swimmer please contact to the pool before registering. If you are new to Meadowbrook Pool placement testing available by appointment only. Call the pool for details.

Learning New Strokes: Elementary Backstroke, Backstroke, Breaststroke and Butterfly plus continued practice swimming Crawl Stroke.

Increasing Endurance and Proficiency: Increased distances and refinement of previous strokes along with sidestroke taught.

Fitness and Water Safety: Teaches increased mastery of technique and endurance in all the strokes plus safety and basic rescue techniques.

To ensure safety and quality we maintain a 10:1 student to instructor ratio.

Special Populations Lessons (Ages 6–17)

These are individual or small group lessons for children with special needs. We provide pool chair lifts and portable stairs for easy access. Please contact the pool for registration.

Adult Lessons (Ages 16 and up)

All ability levels welcome! Small groups with similar goals are arranged so instruction can focus on the basics all the way to learning a variety of strokes and water safety. Enjoy exploring the possibilities while developing lifelong and lifesaving skills.



Swim Lesson Schedule • Fall 2017 • October 16–December 17

SESSION 1	Day	Times	Dates	# Classes	Price	Bar Code
Parent & Child Aquatics 6 months–4 years	Tuesday	6:30–7 p.m.	October 17–December 12	8	\$60.00	168428
	Wednesday	11–11:30 a.m.	October 18–December 13	8	\$60.00	168429
	Thursday	6:30–7 p.m.	October 19–December 14	8	\$60.00	168430
	Saturday*	11:30 a.m.–Noon	October 21–December 16	7	\$52.50	168431
	Sunday	11:30 a.m.–Noon	October 22–December 17	8	\$60.00	170059
Three year olds Ages 3 only (Parent & Child Aquatics Class Recommended)	Monday	1:30–2 p.m.	October 16–December 11	8	\$104.00	168432
	Tuesday	6:30–7 p.m.	October 17–December 12	8	\$104.00	168433
	Wednesday	1:30–2 p.m.	October 18–December 13	8	\$104.00	168434
	Thursday	6:30–7 p.m.	October 19–December 14	8	\$104.00	168435
	Friday	1:30–2 p.m.	October 20–December 15	8	\$104.00	168437
	Saturday*	3:30–4 p.m.	October 21–December 16	7	\$91.00	168439
Kinders (Ages 4 and 5)	Monday	2–2:30 p.m.	October 16–December 11	8	\$72.00	168416
	Monday	4–4:30 p.m.	October 16–December 11	8	\$72.00	168415
	Tuesday	6–6:30 p.m.	October 17–December 12	8	\$72.00	168417
	Wednesday	2–2:30 p.m.	October 18–December 13	8	\$72.00	168419
	Wednesday	4–4:30 p.m.	October 18–December 13	8	\$72.00	168418
	Thursday	6–6:30 p.m.	October 19–December 14	8	\$72.00	168423
	Friday	2–2:30pm	October 20–December 15	8	\$72.00	168424
	Saturday*	10:30–11 a.m.	October 21–December 16	7	\$63.00	168426
	Saturday*	11:30 a.m.–Noon	October 21–December 16	7	\$63.00	168425
	Sunday	10:30–11 a.m.	October 22–December 17	8	\$72.00	168427
Beginning Swimmer (Ages 6–16)	Monday	4:30–5 p.m.	October 16–December 11	8	\$60.00	168406
	Monday	5–5:30 p.m.	October 16–December 11	8	\$60.00	168408
	Tuesday	5:30–6 p.m.	October 17–December 12	8	\$60.00	168409
	Wednesday	4:30–5 p.m.	October 18–December 13	8	\$60.00	168410
	Wednesday	5–5:30 p.m.	October 18–December 13	8	\$60.00	168411
	Thursday	5:30–6 p.m.	October 19–December 14	8	\$60.00	168412
	Saturday*	11–11:30 a.m.	October 21–December 16	7	\$52.50	168413
	Sunday	11–11:30 a.m.	October 22–December 17	8	\$60.00	168414
Advanced Swimmer (Ages 6–16) Must receive a passing Certificate of Achievement to sign up	Monday	4:30–5 p.m.	October 16–December 11	8	\$60.00	168396
	Monday	5–5:30 p.m.	October 16–December 11	8	\$60.00	168395
	Tuesday	6:30–7 p.m.	October 17–December 12	8	\$60.00	168398
	Wednesday	4:30–5 p.m.	October 18–December 13	8	\$60.00	168401
	Wednesday	5–5:30 p.m.	October 18–December 13	8	\$60.00	168399
	Thursday	6:30–7 p.m.	October 19–December 14	8	\$60.00	168402
	Saturday*	11:30 a.m.–Noon	October 21–December 16	7	\$52.50	168403
	Sunday	11:30 a.m.–Noon	October 22–December 17	8	\$60.00	168404
Adults (Ages 16 and up)	Wednesday	7:30–8 p.m.	October 18–December 13	8	\$60.00	168392
Family Lesson	Saturday*	4–4:30 p.m.	October 21–December 16	7	\$52.50	168444
Special Pops	Saturday*	3–3:30 p.m.	October 21–December 16	7	\$52.50	168443
PERSONAL LESSONS						
Monday/Wednesday/Friday	3:30–4 p.m.	Personal Lessons are scheduled to begin Monday, October 16 \$38/Lesson (add \$13 per additional child (3 Lesson Minimum)) All personal lessons are schedule in half-hour increments				
Monday/Wednesday/Friday	5–5:30 p.m.					
Tuesday/Thursday	7–8 p.m.					
Saturday	3:30–4:30 p.m.					

*Holiday Pool Closures on Saturday, November 11 for Veterans Day, Thursday–Friday, November 23–24 for Thanksgiving, and Monday, December 25 for Christmas.

Family Lessons



Family Lessons

Partner with your child to learn beginning swimming skills in a fun and relaxed atmosphere. For adults with children 4–10 years old. Adult does not need to know how to swim but must be in the water with the child/student.

	Day	Time	Dates	# Classes	Price	Bar Code
Family Lessons	Saturday	4–4:30 p.m.	Oct. 21–Dec. 16	7	\$52..50	168444

Swim More—Pay Less!

Quick Card is a prepaid discount admission card for use within Seattle Parks and Recreation. To purchase a discount quick card visit any pool. A photo is taken and the time of purchase. Cards are issued to individuals and are not transferable.



Recreation Programs: 10 admissions

Youth/Senior/Special Pop. (save \$4) \$33.50
Adult (save \$5.00) \$50.00

Fitness Programs: 10 admissions

Youth/Senior/Special Pop. (save \$5) \$35.00
Adult (save \$5) \$55.00

30-Day Pass (Recreation and Fitness)

Youth/Senior/Special Pop. \$45.00
Adult \$60.00

Pool Policies

- Pools are family recreation facilities. Please dress and act accordingly.
- Children under 6 years of age and those under 48" in height must be directly supervised in the water by an adult and must be within arm's length distance at all times.
- Food and drinks (other than water) are not allowed in the locker rooms or on the pool deck. Please do not bring glass containers into the locker rooms or pool deck.
- Please enter the building through the front entrance and check in with the cashier before entering pool area.
- For your children's safety, please monitor them at all times.
- Children 6 years and older must use appropriate locker rooms for their gender.
- In the interest of public health, children who are not toilet-trained must wear swimming diapers or a cloth diaper with a plastic cover that has tight-fitting legs. No regular disposable diapers or loose-fitting suits are allowed. Children's swim diapers are available for sale.
- It is the policy of Seattle Parks and Recreation that any person who registers for a swim class that is cancelled for any reason by the Department will receive a full refund. In the event of an unplanned cancellation of a single session of a class, that class will be rescheduled whenever possible. If it cannot be rescheduled the participant will receive a refund. A participant may be issued a refund if he/she drops a class and notifies the program coordinator prior to the second class session. The pro-rated class fee, plus a service charge of \$5 or 10% of the fee (whichever is greater) will be retained by the facility. If a participant drops a class after the second session of a series, no refund will be given.

Recreation & Fitness times can be found separately in the Fall At-A-Glance.